

REALITY
The perceptual output
of the human mind

REALITY MANAGEMENT
NO FAULT EMPOWERMENT TOOLS

FORGIVENESS
A tool for changing a
REALITY in my mind.

1. My reality is made with thoughts from my own mind. As I learn to change my thoughts, my reality will change.
- A. I seem to be upset because *my trigger* (write the name of the person, place, thing, or event) _____ (_____) (write what has happened) _____ **(BREATHE)**
- B. This triggers my feelings of _____
- C. My thought that causes this feeling is _____
- D. I want to punish by _____
2. Punishment and blame are not my friends. I now choose to be responsible ☐ **(BREATHE)**
3. I want to feel better. I let go of — my feelings (1B) ☐ — my thought (1C) ☐ — my need to punish by (1D) ☐ — and my need to be right ☐ **(BREATHE)**
4. I am willing to live peacefully ☐, be happy ☐ and go through the symptoms of healing ☐.
5. I choose to restore the condition of **LOVE** to my mind ☐. Self-test — a **LOVING** thought I can feel about (1A) is _____, myself _____
6. What I really want is (use positive words only) _____
7. I am not upset at this person, place, thing or event but by a reality inside of me. ***If I'm in Pain, I'm in Error.***
8. I take responsibility, not blame, for all of my realities.
Every reality in my mind is changeable. I now choose to connect with **LOVE** instead of my upset ☐ **(BREATHE)**
9. A. I cancel — let go of — my need (6) _____
- B. I invite _____ to incline me toward healing ☐, restore me to **LOVE** ☐, assist me in keeping **LOVE** present ☐ and help in letting go of my painful reality ☐ **(BREATHE)**
10. I now feel _____ and I can see that _____
11. I am grateful and join with the **LOVE** in you (1A) _____. I acknowledge us for creating **TRUTH** ☐, **PERFECT LOVE** ☐ and _____ **(BREATHE)**

Draw your feelings:

Draw your feelings now:

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